



# JUNE 2016

**Maryland WIC**  
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.			1	2	3	4
5	6	7 <b>Support Group</b> 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	8	9	10	11
12	13	14	15	16	17	18 <b>Breastfeeding Class</b> UM SMC at Easton, Health Education Center 9 am - 12:30 pm To reserve your space: call 410-882-1000, ext. 5231 or 410-228-5511, ext. 5231
19	20	21 Support Group/10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700 <hr/> Support Group/4pm - 6 pm Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	22	23	24	25
26	27	28	29	30	<b>To Contact a Breastfeeding Peer Counselor near you:</b> Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 <b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)	



# JULY 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2 Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		<b>To Contact a Breastfeeding Peer Counselor near you:</b> Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654	<b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 Maryland toll free)		1	2
3	4	5 <b>Support Group</b> <b>10:00 a.m.</b> Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	6	7	9	9
10	11	12	13	14	15	16
17	18	19 <b>Support Group/10:00 a.m.</b> Easton Memorial Hospital outside Birthing Center/Karen Van Trieste 410-822-1000, ext. 5700 <hr/> <b>Support Group/4pm-6 pm</b> Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	20	21	22	23
24/31	25	26	27	28	29	30



# AUGUST 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		<b>To Contact a Breastfeeding Peer Counselor near you:</b> Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 <b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)				
	1	2 <b>Support Group</b> 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	3	4	5	6
7	8	9	10	11	12	13
14	15	16 <b>Support Group/10:00 a.m.</b> Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700 <hr/> <b>Support Group/4pm-6pm</b> Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	17	18	19	20 <b>Breastfeeding Class</b> UM SMC at Easton, Health Education Center 9 am - 12:30 pm To reserve your space: call 410-882-1000, ext. 5231or 410-228-5511, ext.5231 <b>Caroline County Summer</b> <b>Fest. Call for more</b> <b>information: (410) 479-8060</b>
21/28	22/29	23/30	24/31	26	27	28